

### LUNCH PRICES

|                       |        |
|-----------------------|--------|
| Type A Lunch Price    | \$3.00 |
| Reduced Lunch Price   | \$ .40 |
| Milk/Choice           | \$.60  |
| Lactaid Milk          | \$.60  |
| Soy Milk              | \$1.00 |
| Ala-Carte Extra Pizza | \$1.25 |

### Prepaid Lunch Tickets Available

|             |       |             |       |
|-------------|-------|-------------|-------|
| 5 Lunches=  | 15.00 | 20 Lunches= | 60.00 |
| 10 Lunches= | 30.00 | 30 Lunches= | 90.00 |

### Lunch Alternatives

3. Peanut Butter & Jelly Sandwich

4. Peanut Butter & Fluff Sandwich

### 5. Healthy Choice Salad

Served over a bed of mixed greens with tomato wedges, cucumbers, dressing, whole wheat or plain dinner roll, mozzarella cheese stick and the remainder of the meal.

### Lincoln Elementary New POS Starts April 4, 2011

Lunch Money can be put on account @ [payforit.net](http://payforit.net) or by check or cash at Lincoln School on Monday & Thursdays @ 8AM

### ALL STUDENT LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk / Strawberry Milk/ Lactaid Milk / 100% Juice/ Fresh Vegetable / Fresh Fruit



*\*If you have a food allergy, please speak to the Director or Lead Server.*

*\*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. \*Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director*

**Kevin Silvia @ 781-721-7033**

**WE PURCHASE LOCAL!**

Produce is purchased through regional suppliers when seasonably available. Visit [www.Whitsons.com](http://www.Whitsons.com) to see all that we are doing to help save the environment!

**V = VEGETARIAN SELECTION**

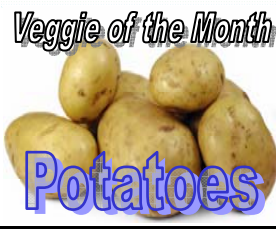
**🍎 = HEALTHIER CHOICE**

**P = PORK PRODUCT**

### Hardy's Whole Wheat Favorites



Don't forget to make at least half your grains whole! Whole grains are so much better for you than the refined alternative. Try one of Hardy's favorites: whole wheat pancakes & French toast sticks, whole wheat pasta with tomato sauce and meatballs, brown rice veggie casserole or a whole wheat turkey wrap. Enjoy!

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
|  <p><b>Veggie of the Month</b><br/><b>Potatoes</b></p>                              |  <p><b>It's Baseball Season</b></p>            |   |   | <p><b>1. Gloria's Pizza</b> 1<br/>Cheese Pizza slice</p> <p>2. Tuna Salad Wrap on Wheat Wrap</p> <p>Garden Salad W/ Ranch Dressing</p>    |
| <p><b>1. Chicken Tenders</b> 4<br/>Breaded chicken tenders served w/ mashed Potatoes &amp; dinner roll</p> <p>2. <b>Chicken Caesar Salad</b> 🍎<br/>Seasoned Corn</p> | <p>🍎 <b>1. Gloria's Pizza</b> 5<br/>Whole Wheat Cheese</p> <p>2. Ham &amp; Cheese on a pretzel bagel<br/>Mixed Garden Salad</p>  | <p><b>1. Home Run Chicker</b> 6<br/>Breaded chicken on a bun topped w/cheese served w/ baked potato wedges</p> <p>2. Turkey &amp; Cheese on Wheat Wrap<br/>Caesar Salad</p>       | <p><b>Early Release</b> 7</p> <p><b>All Levels</b></p>  | <p><b>1. Gloria's Pizza</b> 8<br/>Cheese Pizza slice</p> <p>2. Bagel Lunch</p> <p>Sliced Watermelon</p>                                   |
| <p><b>1. Brunch For Lunch</b> 1<br/>French Toast w/ syrup<br/>Turkey Bacon<br/>Tator tots.</p> <p>2. <b>Antipasto Salad</b> 🍎<br/>Apple Blueberry Crisp</p>          | <p>🍎 <b>1. Gloria's Pizza</b> 12<br/>Whole Wheat Cheese</p> <p>2. Salami &amp; Cheese Sub<br/>Carroteenies W/Dip</p>             | <p><b>1. Meatball Grinder</b> 3<br/>Meatballs in a Marinara sauce served in a sub roll topped w/ mozzarella cheese</p> <p>2. Turkey &amp; Cheese Wrap<br/>Steamed Green Beans</p> | <p><b>1. Nacho layer dip</b> 14<br/>Nacho's served w/ refried beans, sour cream, cheddar cheese, salsa.</p> <p>2. Veggie Wrap 🍎<br/>Fiesta Corn</p>       | <p><b>1. Gloria's Pizza</b> 15<br/>Cheese Pizza slice</p> <p>2. Chicken Salad Wrap<br/>Baked Lays potato chips<br/>Celery Stick W/Dip</p> |
| 18   | 19   | 20  | 21  | 22  |
| April  | School   | Spring  | Vacation  | Week  |
| <p><b>1. Corn Dog Day</b> 25<br/>Breaded corn dog served w/ macaroni &amp; cheese</p> <p>2. BLT Cheese Wrap<br/>Seasoned Peas &amp; Carrots</p>                      | <p>🍎 <b>1. Gloria's Pizza</b> 26<br/>Whole Wheat Cheese</p> <p>2. Chicken Ranch Sand<br/>Garden Salad<br/>W/Italian Dressing</p> | <p><b>1. Cheeseburger</b> 27<br/>All beef burger topped w/ cheese &amp; served w/ baked shoestring fries corn on the cob</p> <p>2. Italian Sub</p>                                | <p><b>1. Chicken Bowl</b> 28<br/>Chicken Nuggets mixed fresh vegetables on top of rice served with a side of BBQ sauce</p> <p>2. <b>Greek Salad</b> 🍎</p> | <p><b>1. Gloria's Pizza</b> 29<br/>Cheese Pizza slice</p> <p>2. Roast Beef &amp; Provolone cheese on a bagel.</p> <p>Mix Green Salad</p>  |

**DID YOU KNOW?** Most products sourced by Whitsons have 0 Trans Fats - Milk & Chicken Products are hormone & antibiotic free - All dressings & ketchup are all natural, with no artificial ingredients & no HFCS (high fructose corn syrup) - All condiments are low fat - Teriyaki sauce & soy sauce are low sodium - Sliced bread, hamburger buns & hot dog buns are 100% w. grain & contain no HFCS - Breads, tortilla wraps, taco shells, nacho chips, panini bread, all natural frozen yogurt, teriyaki sauce, soy sauce & all condiments are free of any partially hydrogenated oils & HFCS - Yogurt is 100% all natural & contains no artificial ingredients - Breakfast items have no trans fats, HFCS or artificial colors - Pancakes & waffles are w. grain & contain no artificial colors or flavors - All pasta is Barilla w. grain - All rice is brown - Pizza crust at secondary level is whole grain; elementary level is whole wheat - Tuna is dolphin safe & packed in water - Canned fruits are packed in natural juice only, no syrup - Fresh fruits & fresh/frozen veg. will be used when gov. commodity not available - All cheese is low fat - Donuts & breakfast pastries have no trans fats, artificial colors or flavors - Fish sticks have whole grain breading - Flavored milk contains no HFCS